



Vegetable of the Week:
Potatoes

Healthy Recipe Idea: Speckled Potatoes

Ingredients:

1-1/2 lbs, red potatoes, peeled and thinly sliced
1/2 cup, minced onion
1 clove garlic, minced
1 chicken low sodium bouillon cube
1/2 cup, chopped parsley



Directions: In a large saucepan with 1 inch of water, combine potatoes, onions, garlic, and bouillon cube. Cover and cook 10 minutes. Add parsley; cook 5 minutes more, or until potatoes are tender; drain.

How do I peel my potatoes ?

Choose firm, heavy potatoes with no soft or moldy spots. Store in a cool, dark place away from onions. Do not refrigerate. Scrub well under running water. Scrape with a vegetable peeler to remove the skin. Use a sharp knife to cut into round slices. Keep under water until ready to use to prevent browning. Drain and pat dry before use.